



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35240, Bread, blue corn, somiviki (Hopi)

Report Date: July 16, 2017 12:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	55.01	3	1.156	52.89	56.87	2.0	50.035	59.985	1	Analytical or derived from analytical	--	04/2010
Energy	kcal	186	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Energy	kJ	776	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Protein <sup>1</sup>	g	3.10	3	0.116	2.88	3.25	2.0	2.606	3.602	1	Analytical or derived from analytical	--	04/2010
Total lipid (fat) <sup>1</sup>	g	1.53	3	0.064	1.41	1.63	2.0	1.253	1.807	1	Analytical or derived from analytical	--	04/2010
Ash <sup>1</sup>	g	0.52	3	0.049	0.44	0.61	2.0	0.308	0.732	1	Analytical or derived from analytical	--	04/2010
Carbohydrate, by difference	g	39.84	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Fiber, total dietary <sup>1</sup>	g	3.6	3	0.153	3.3	3.8	2.0	2.943	4.257	1	Analytical or derived from analytical	--	04/2010
Sugars, total <sup>1</sup>	g	12.94	3	2.631	7.78	16.41	2.0	1.621	24.259	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	12.94	3	2.631	7.78	16.41	2.0	1.621	24.259	1	Analytical or derived from analytical	--	04/2010
Glucose (dextrose) <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Fructose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Starch <a href="#">1</a>	g	22.98	3	1.584	21.3	26.15	2.0	16.166	29.8	1	Analytical or derived from analytical	--	04/2010
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	34	3	12.201	21	58	2.0	-18.895	86.095	1	Analytical or derived from analytical	--	04/2010
Iron, Fe <a href="#">1</a>	mg	1.58	3	0.382	1.13	2.34	2.0	-0.064	3.224	1	Analytical or derived from analytical	--	04/2010
Magnesium, Mg <a href="#">1</a>	mg	43	3	2.755	40	49	2.0	31.379	55.088	1	Analytical or derived from analytical	--	04/2010

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Phosphorus, P <a href="#">1</a>	mg	94	3	3.440	88	100	2.0	78.931	108.535	1	Analytical or derived from analytical	--	04/2010
Potassium, K <a href="#">1</a>	mg	114	3	12.787	96	139	2.0	59.35	169.384	1	Analytical or derived from analytical	--	04/2010
Sodium, Na <a href="#">1</a>	mg	9	3	0.461	9	10	2.0	7.065	11.035	1	Analytical or derived from analytical	--	04/2010
Zinc, Zn <a href="#">1</a>	mg	0.82	3	0.073	0.73	0.96	2.0	0.506	1.131	1	Analytical or derived from analytical	--	04/2010
Copper, Cu <a href="#">1</a>	mg	0.119	3	0.006	0.11	0.13	2.0	0.095	0.143	1	Analytical or derived from analytical	--	04/2010
Manganese, Mn <a href="#">1</a>	mg	0.405	3	0.074	0.32	0.55	2.0	0.087	0.722	1	Analytical or derived from analytical	--	04/2010
Selenium, Se <a href="#">1</a>	µg	3.0	3	0.763	2.2	4.5	2.0	-0.311	6.258	1	Analytical or derived from analytical	--	04/2010
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.030	3	0.006	0.02	0.04	2.0	0.005	0.055	1	Analytical or derived from analytical	--	04/2010
Riboflavin <a href="#">1</a>	mg	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Niacin <a href="#">1</a>	mg	0.550	3	0.050	0.49	0.65	2.0	0.333	0.766	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin B-6 <a href="#">1</a>	mg	0.168	3	0.009	0.16	0.19	2.0	0.128	0.209	1	Analytical or derived from analytical	--	04/2010
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, beta <a href="#">1</a>	µg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, alpha <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Cryptoxanthin, beta <a href="#">1</a>	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin A, IU	IU	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lycopene <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lutein + zeaxanthin <a href="#">1</a>	µg	18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta <a href="#">1</a>	mg	0.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tocopherol, gamma <a href="#">1</a>	mg	0.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tocopherol, delta <a href="#">1</a>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	0.289	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
4:0 <a href="#">1</a>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
6:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
8:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
10:0 <a href="#">1</a>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
12:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
14:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
16:0 <sup>1</sup>	g	0.217	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
17:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:0 <sup>1</sup>	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
20:0 <sup>1</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
22:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
24:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
Fatty acids, total monounsaturated	g	0.347	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
16:1 c <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 undifferentiated <sup>1</sup>	g	0.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:1 c <sup>1</sup>	g	0.338	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:1 t <sup>1</sup>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
20:1 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total polyunsaturated	g	0.779	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
18:2 undifferentiated <sup>1</sup>	g	0.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:2 n-6 c,c <sup>1</sup>	g	0.753	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 t not further defined <sup>1</sup>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:3 undifferentiated <sup>1</sup>	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
20:3 n-6 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total trans	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Fatty acids, total trans-monoenoic	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD

